

## Volunteers feed homebound seniors in Davis County



VOLUNTEER LOIS KENNEDY helps to prepare meals for home delivery.

Photo by Viki Bowman, Davis County RSVP

By Viki Bowman  
Davis County RSVP

In a recent local survey, Davis County Health Department's Senior Services staff learned that 15 percent of homebound individuals receiving home delivered meals, commonly known as Meals on Wheels, skipped meals because they had no food or money to buy food. Many of these individuals also reported having to choose between buying food or medication the month prior to the survey.

There are many individuals who rely on Meals on Wheels and in many cases it is a key component in aiding individuals to remain living independently at home. Meals on Wheels relies on volunteers to make the meal delivery each day. "Without volunteers there would be no program," say Wendy Cypert, Kitchen Manager, North Davis Senior Activity Center. "Volunteers save the government millions of dollars by helping folks remain in their homes instead of living in institutional settings."

Eighteen volunteers deliver meals each day, Monday through Friday, in Davis County. That equates to 90 volunteers per week delivering a prepared nutritious meal to area homebound individuals. Volunteers are always needed. Anyone 16 years of age and older

**"Without volunteers there would be no program."**

*Wendy Cypert  
Kitchen Manager, North Davis  
Senior Activity Center*

can serve as a Meals on Wheels volunteer.

Volunteers deliver more than a nutritious mid-day meal; they often provide a few moments of social interaction to those who on some days have no outside contact. "I don't know what I would do without my meals," said Ruth, 92, widow. "I wouldn't be able to stay here. Sometimes, he (Meals on Wheels volunteer) is the only person I see. I like knowing someone will be in to check on me."

Potential volunteers must successfully complete a criminal background check and substance abuse screening. Meals on Wheels meals are delivered from Davis County's three senior activity centers: Golden Years (Bountiful), Autumn Glow (Kaysville), and North Davis (Clearfield). Please call (801) 525-5087 for more information or to volunteer.

## Elder Abuse Awareness Day observed in June

By Morganne Housley  
DCHD

World Elder Abuse Awareness Day is Wednesday, June 15. Everyone is encouraged to wear purple that day to help spread awareness against elder abuse.

Every year approximately 5 million older Americans are victims of elder abuse, neglect, or exploitation. However, many elder abuse victims remain silent and their cases go unreported. Often times the abuse incurred by the victim comes from those they depend on



and more rarely strangers which makes reporting the abuser difficult. Unfortunately, there are many in Davis County who experience

elder abuse. "According to Adult Protective Service there were 486 investigated cases of elder abuse in Davis County for 2015," said Kristy Cottrell, division director for Davis County Health Department's Senior Services.

Cottrell encourages anyone who may have been a victim of abuse to make a report with Utah's Adult Protective Services or contact their local law enforcement office. Adult Protective Services can be reached 24 hours a day, 7 days a week, at 1-800-371-7897. In an emergency, always dial 911.

## Medicare 101 class scheduled

Are you turning 65 or are preparing to retire? Have you asked yourself these questions: How, When, and Where do I sign up for Medicare?

Join us for a free Medicare 101 class and let us answer your questions about Medicare options, enrollment, and benefits.

Class is at the Syracuse

Rec Center (1912 W. 1900 South, Syracuse), Wednesday, June 15, 6:30-7:30 p.m.

Davis County Health Department's Senior Services sponsor the classes. For more information, contact Marie Jorgensen at 801-525-5086 or [mjorgensen@daviscountyutah.gov](mailto:mjorgensen@daviscountyutah.gov).

## Do you have Medicare concerns about care from a doctor or hospital?

Medicare members, are you concerned that you did not receive the right care from a doctor or at a hospital? Our physicians can review your medical record and determine if you received the proper care. This is one of your rights under Medicare.

KEPRO, the Medicare Quality Improvement Organization, is under contract with the Centers for Medicare & Medicaid Services, an agency of the

U.S. Department of Health and Human Services.

KEPRO operates a toll-free Medicare beneficiary helpline, available seven days a week. You can call our toll-free phone number at 844-430-9504. Translation services are available for beneficiaries and beneficiary caregivers who do not speak English. For more information, visit us online at <http://www.keproqio.com/>

## Summer caregiver educational class

Davis County Health Department's Family Caregiver Support Program is offering a series of classes for individuals who care for family members that are older and/or frail.

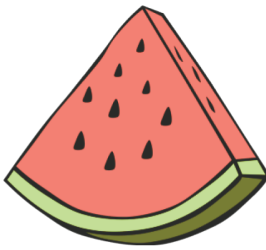
Classes are offered at two different locations starting in June. On Tuesdays, classes will be held at Fairfield Village (1201 N. Fairfield Rd., Layton), noon -1 p.m. Thursday classes are held at the Golden Years Senior Activ-

ity Center (726 S. 100 E. Bountiful), noon-1 p.m.

A light lunch will be provided at all of the classes but attendees must RSVP to Megan Forbush at (801) 525-5088 on Mondays by noon.

Schedule:

- June 21 & 23: Burning Questions of a Caregiver
- July 19 & 21: To Be Announced
- Aug. 16 & 18: To Be Announced

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	<div></div> <div>JUNE</div>			<div>2</div> <div>AG – Wire Wrapping 8:30 GY – Senior Aerobics 8:30 ND – Miles Coe Piano 11:15 Movie 12</div>	<div>3</div> <div>AG – **AARP Smart Driving Bingo 10:15 GY – Tai Chi 9:30 ND – Bingo 12:30</div>	<div>4</div>
5	<div>6</div> <div>AG – **Water Exercise 9 Oil Painting 9 GY – Bingo 12:30 ND – Texas Hold ‘Em 12:15 Bingo 12:30</div>	<div>7</div> <div>AG – **Art 9 Tai Chi Chair 10:40 GY – Lapidary 8:30 Woodcarving 9 ND – Quilters 10 Pinochle 12:30</div>	<div>8</div> <div>AG – **Water Exercise 9 Blood Pressure 10:30 GY – Bridge 1 Positive Aging 5-7 p.m. ND – Food Bank</div>	<div>9</div> <div>AG – Wire Wrapping 8:30 GY – “Luana’s Combo Band” 10:30 ND – Movie 12 Knit &amp; Crochet 12:30</div>	<div>10</div> <div>AG – Minute to Win It 11:15 GY – Stained Glass 9 Water Color 9 ND – Educational Seminar by Humana 11:30</div>	11
12	<div>13</div> <div>AG – Bingo 10:15 GY – Dancing Grannies 8:30 Line Dancing 10 ND – Card Making Class 10:30</div>	<div>14</div> <div>AG – Tai Chi 9:40 GY – CENTER CLOSES AT 11 ND – CENTER CLOSES AT 12 No Congregate lunch / No Transportation</div>	<div>15</div> <div>AG – Watercolor 9:30 Blood Pressure Check 10:30 GY – Singles Social 11:15 Positive Aging 5-7 p.m. ND – Art 9</div>	<div>16</div> <div>AG – Arts &amp; Crafts 10 Tap Dancing 1 GY – Arthritis Exercises 12:30 Shopping at Smith’s 12:30-2 ND – Ceramics 9</div>	<div>17</div> <div>AG – Lunch/ Father’s Day 11:30 Canasta 1 GY – Movie 12:30 ND – Father’s Day Celebration 11:30</div>	18
19	<div>20</div> <div>AG – Bingo 10:15 GY – Arthritis Exercise Class 12:30 Oil Painting 1 ND – Trivia &amp; Treats 11:30</div>	<div>21</div> <div>AG – Lifetime Fitness 9 GY – Dancing Grannies 8:30 Reading Club 12:30 ND – Lapidary 8:30</div>	<div>22</div> <div>AG – Blood Pressure 10:30 Ceramics 12 GY – Dancing Grannies 8:30 Bridge 1 ND – Food Bank</div>	<div>23</div> <div>AG – Wire Wrapping 8:30 GY – “Luana’s Combo Band” 10:30 ND – Car Trivia 11:30 Food \$ense Class 1</div>	<div>24</div> <div>**AG, GY, &amp; ND June Birthday Party AG – Computer 101 9:30 GY – Water Color 9 ND – Hand Massages 10</div>	25
26	<div>27</div> <div>AG – Bingo 10:15 GY – Arthritis Exercise Class 12:30 ND – Card Making 10:30 Health Tips with Gina 11:30</div>	<div>28</div> <div>AG – Lapidary 8:30 Square Dancing 12:30 GY – Zumba 9:30 Blood Pressure 10:30 ND – Shopping 12:30</div>	<div>29</div> <div>AG – Water Color 9:30 Ceramics 12 GY – Single’s Social 11:15 Bingo 12:30 ND – Texas Hold ‘Em 12:15</div>	<div>30</div> <div>AG – Chair Tai Chi 10:40 Shopping at Bowman’s 12 GY – Lapidary 8:30 Bridge 1:30 ND – Ceramics 9 Pinochle 12:30</div>	<div>July 1</div> <div>AG – Lapidary 8:30 GY – Sit n Fit 8:30 ND – Bingo 12:30</div>	2